

PARANORMAL UNDERGROUND®

Volume 17, Issue 9

September 2024

Helping the Haunted

Shawn and Sharon Whittington

Haunted Humberstone
Atacama Desert Ghost Town

How to Use a Ouija Board
... Safely!

The Amazon's
Mysterious Mapinguari

The Case of the
Phantom Train Whistle

ALSO INSIDE:

THE BEST ALIENS IN HORROR FILMS

THE FACE-ON-FIRE DEMON: A HAUNTING IN ORANGEVALE

CARL HIGDON'S ALIEN ABDUCTION: THE DAY THE ELK DISAPPEARED

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CHERYL LYNN CARTER

Cheryl is a psychic medium, remote viewer, explorer, and researcher. Having her first paranormal experience at a young age made her realize she had a unique Sixth Sense and was able to communicate with those on the other side.



Cheryl's passion for one haunted location afforded her the opportunity to appear and consult in Chris Halton's documentary *A Haunting at Bachelors Grove*, one of the most haunted cemeteries in the Midwest.

She is an experimenter and a member of MUFON and CE-5. She served as a consultant for Thomas Conwell's books *They Are Here: Central U.S. UFOs* and *Earthquakes and UFOs*. Cheryl is an international author of eight books, including *Edge of Darkness*, *Chosen*, and *Dimensions: Mysterious Triangles of the U.S.*, and she is the co-author of *Digging Into Skinwalker Ranch* and *The Basin Files: Skinwalker Ranch*.
cheryllyncarter.com

WILLIE WINDWALKER GIBSON

Willie is a shaman and supernatural consultant. He works by himself, as well as with his wife, Schmon. He belongs to the Paranormal Clergy and Dominion Ministries.

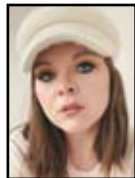


Willie is the author of two books detailing his 50-year journey in the paranormal, *The Shaman Windwalker* and *Soul Warriors*.

Willie has appeared on A&E's *Cursed: The Bell Witch* and CMT's *Most Shocking Ghosts*. He also hosted a public access show in Louisville, Kentucky, for 12 years, called *Spiritual Gifts and Wonders*. In addition, he created a group of sensitives, called Soul Warriors, who are based across the U.S.

COURTNEY HUNTER-STANGLER

Courtney is a graduate of UC Riverside's Palm Desert Low Residency MFA. She is working on a crime novel set in Philadelphia, where she lives with her husband and four rescue pups.



She loves eating Taco Bell and watching horror movies but not at the same time.
courtneyhunterstangler.com

CHERYL KNIGHT-WILSON

Cheryl is co-creator and editor-in-chief of *Paranormal Underground* magazine, cohost of the *Mindful Mystics* podcast and cohost and producer of *Paranormal Underground Radio*. She is the former cohost of the *Intention Is Everything* podcast.



She has written articles on topics ranging from advanced technology and enterprise computing to travel guides and paranormal phenomena. Her magazine experience includes roles as senior and managing editor for several niche publications and online media.

Cheryl has experienced all types of paranormal phenomena, from ghostly activity to psychic events.
paranormalunderground.net

PHILIP MANTLE

Philip is a long-standing UFO researcher and author from the U.K. He was formerly the director of investigations for the British UFO Research Association and the MUFON representative for England.



He is the founder of Flying Disk Press and can be contacted on email at: philip.mantle@gmail.com.

flyingdiskpress.blogspot.com

ATHENA PERRAKIS, PH.D.

Athena is the founder and CEO of SageGoddess.com, a source of sacred tools and metaphysical education. She earned a doctorate from the University of Southern California in educational leadership and has 15 years of experience as a professor, corporate trainer and consultant, and educator.



Athena's metaphysical experience includes expertise in gemology, astrology, tarot, aromatherapy, Reiki, and herbal medicine. Through her writing, online courses, and material offerings, Athena helps others cultivate and maintain sacred space in their lives for peace, healing, and abundance.

sagegoddess.com

LISA QUIGLEY

Lisa is a horror author with an MFA in Creative Writing from the University of California, Riverside's low-residency MFA program in Palm Desert. She's senior editor of *The Lineup* and *Murder & Mayhem*, as well as the co-host of the award-winning horror podcast *Ladies of the Fright*.



Hell's Bells (2020) and *Camp Neverland* (2021) from Unnerving are her novellas, and *The Forest* (PMMP 2021) is her debut novel. Her work has also appeared in such places as *Unnerving Magazine*, *Journal of Alta California*, and *Automata Review*. Lisa lives in New Jersey with one handsome devil and two wild monsters.

lisaquigley.net

RAINBOW RADAELLI

Rainbow is a paranormal, abductee, and cryptid researcher along with her husband, Michael. She is an experimenter herself, dealing with paranormal phenomenon since childhood.



The silk road of life has led Rainbow in many directions: cowgirl, medicine woman, gypsy, belly dancer, and truth seeker. All directions have paralleled each other, finally coming together in Rainbow's articles, research, and blogs.

dimensionalwalking@gmail.com

PAUL DALE ROBERTS

Known as an esoteric detective, Paul has been reading and studying the unknown since he was a young boy. He has been to over 59 countries to document the paranormal.



Paul worked for military intelligence from 1979 to 1986 and saw several top-secret UFO photographs, making him very interested in extraterrestrials. He is a journalist for the *Costa Rican Times*, and his articles cover metaphysical topics and paranormal investigative stories. He is also co-owner of Halo Paranormal Investigations.

jazmaonline.boards.net

COREY SHARER

Corey is a paranormal enthusiast who has investigated at The Queen Mary, The Queen Anne Hotel, Hotel Alex Johnson, and The Whaley House.

He has personally encountered paranormal phenomena, including seeing ghostly apparitions and UFOs, and is most interested in trying to solve the mysteries of the paranormal.



CHAD WILSON

A freelance writer, Chad is co-creator and publisher of *Paranormal Underground* magazine and co-producer of *Paranormal Underground Radio*. His interest in the paranormal led to the creation of ParanormalUnderground.net.



Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, Brushy Mountain State Penitentiary, and private residences among his investigations.

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Have You Had a Paranormal Encounter You'd Like to Share?

If you've had a paranormal encounter and would like to share it with our readers, email us at paranormalunderground@live.com. Tell us about your experience, and we may publish it in a future issue.



We are looking for encounters with all types of paranormal phenomena, including experiences with ghosts, cryptids, UFOs/ETs, the spirit realm, psychic phenomena, etc.

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PARANORMAL UNDERGROUND®

Volume 17, Issue 9 - September 2024

www.ParanormalUnderground.net

EDITORIAL

PUBLISHER

Chad Wilson

EDITOR-IN-CHIEF

Cheryl Knight-Wilson
paranormalunderground@live.com

SCIENCE EDITOR

J.D. Harrison

CONTRIBUTORS

Cheryl Lynn Carter

Willie Windwalker Gibson

Courtney Hunter-Stangler

Philip Mantle

Athena Perrakis

Lisa Quigley

Rainbow Radaelli

Paul Dale Roberts

Corey Sharer

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October 1-31

The Salem Psychic Fair
 Salem, MA

festivalofthedeath.com/psychicfair.html

October 4-6

Mass ParaCon
 Fairhaven, MA
massparacon.com

October 4-6

Monster-Mania Con
 Baltimore, MD

October 5

Albatwitch Day
 Columbia, PA
albatwitchday.com

October 10-12

Bigfoot Bash
 Oscoda, MI
oscodachamber.com/bigfoot

October 11-13

X-Con
 Springfield, MO
unxnetwork.com/xcon

October 11-13

Spooky Empire
 Orlando, FL
spookyempire.com

October 12

Halifax Paranormal Symposium
 Halifax, Nova Scotia
eventbrite.ca/e/2024-halifax-paranormal-symposium-tickets-793384824367

October 12

Occult Paracon
 Peabody, MA
paraconn.wordpress.com

October 12

Haunted Graves Paracon
 Mayfield, KY
xtremeticketing.com/kentennparanormaladventures/tickets/haunted-graves-paracon-295328

October 18-20

Scarefest
 Lexington, KY
scarefestweekend.com

October 19

Upper Cumberland Bigfoot Festival
 Crossville, TN
ucbigfoot.com

October 25-27

HallowCon
 Dalton, GA
hallowcon.com

October 26-27

Mid-Michigan Paranormal Convention
 Mount Pleasant, MI
midmichiganparacon.com

October 26-27

Arkansas Paranormal Expo
 Little Rock, AR
arkansasparanormalexpo.com

November 2-3

The New Jersey Paraunity Expo
 Woodbridge, NJ
newjerseyparaunityexpo.com

November 8-10

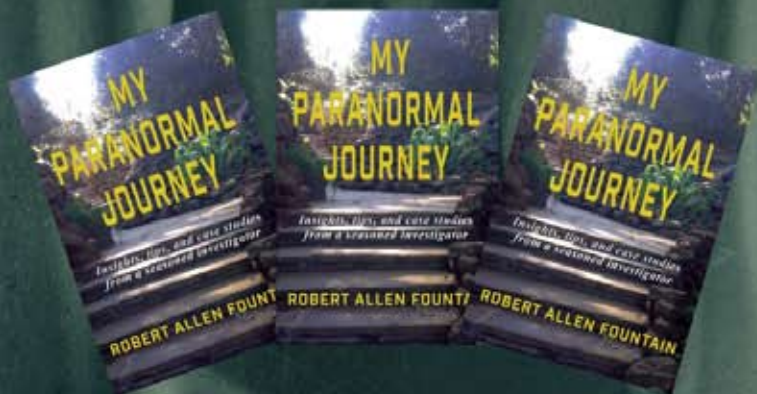
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portgamble.com/upcoming-events/ghost-conference

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BY ROBERT ALLEN FOUNTAIN

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Cheryl Knight-Wilson
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ON THE COVER

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of Ghost-B-Gone

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WEREWOLF SIGHTING, GHOSTLY PHOTO-BOMB & PLAYFUL POLTERGEIST

PLAYFUL POLTERGEIST CRASHES RURAL FILM FESTIVAL IN ENGLAND

A paranormal investigation team believes they captured evidence of a poltergeist at the MegaFlix Movie Awards, held at Standish Village Hall in Gloucestershire, England. The site has a history dating back 700 years and has long been associated with local legends, according to Higgypop.com.



Paul Cowmeadow of Gloucester Paranormal Investigation Services reported hearing strange noises and equipment malfunctioning during the event: "I heard an unusual noise that sounded like clanging saucepans coming from the kitchen." Upon further investigation, the team discovered tipped chairs, claiming the incident was captured on video.

Edd Francis, another investigator, shared, "I have done a lot of investigations ... and I have never been anywhere as active as this."

Despite the unsettling occurrences, the event continued successfully, with filmmakers and actors celebrating their achievements. Jodie Potter, creator of the drama mini-series *Asmodeus*, felt a supernatural presence: "It just felt odd, so maybe there's something there!"

DISTANT GALAXIES SCANNED FOR ALIEN TECH IN FIRST-EVER STUDY

A new study has scanned a record-breaking 2,800 galaxies for signs of advanced alien civilizations, according to SciTechDaily.com. The SETI Institute, Berkeley SETI Research Center, and the International Centre for Radio Astronomy Research carried out the research.



"This work represents a significant step forward in our efforts to detect signals from advanced extraterrestrial civilizations," said Dr. Chenoa Tremblay of the SETI Institute, who led the research.

This unique effort, conducted using the Murchison Widefield Array (MWA) telescope in Western Australia, targeted low radio frequencies (around 100 MHz) not typically explored in SETI searches. Traditionally, the search for extraterrestrial intelligence has focused within our own Milky Way galaxy.

"The large field of view and low-frequency range of the MWA makes it an ideal tool for this kind of research," Dr. Tremblay explained. "The limits we set will guide future studies."

While no evidence of alien technology was found in this initial study, it paves the way for future searches using a wider range of radio frequencies and telescopes, such as the MWA. This research collaboration highlights the importance of international cooperation and advanced technology in our quest to understand the Universe and whether we are alone.

WEREWOLF SIGHTING IN CHICAGO?



A recent report submitted to The Singular Fortean Society by Chicago resident Ami Kleminski has sparked interest in the paranormal community. Kleminski claims to have witnessed a "werewolf" while driving on South Lake Shore Drive in the early morning hours of March 8, 2016.

"I don't want to sound like a nut, but I'm sure many,

if not most, of the messages you receive begin this way,” Kleminski wrote. She described the creature as a “naked, adult, fair-haired white male” that “lope[d] across the road ... on all fours like a dog.”

Kleminski initially dismissed the idea of a supernatural explanation, considering possibilities such as Uner Tan syndrome and substance abuse. However, she remains convinced that what she saw was something extraordinary. “I want to understand what I saw or to have it validated with similar experiences, if possible,” she told investigator Tobias Wayland.

Despite extensive research, Kleminski has yet to find any concrete evidence supporting her claim.

MOUNTAIN HIKERS IN CHILE SPOT GHOSTLY FIGURE IN SELFIE

A group of hikers in Chile made a startling discovery after reviewing a selfie they took on a mountain trail, reports [Mirror.co.uk](https://www.mirror.co.uk). The photo, shared on the Ghosts of London Facebook group, appears innocent at first glance.

However, upon closer inspection, viewers noticed a mysterious “sixth figure” between two women in the image.

The original poster explained: “A friend of mine sent me this picture from his group of friends in Chile.” In the background, the hikers’ selfie shows an eerie face with visible nose and mouth features. The discovery has since gone viral, garnering thousands of likes and numerous comments.



One Facebook user wrote: “That gave me the shivers, which normally mean my sixth sense kicked in.” Another commented: “How scary is this in broad daylight though, and how the heck did whatever it is get in-between these people.”

Despite the intrigue, some remain skeptical. One person stated: “It’s too defined. You can see teeth and whatnot. I just don’t know on this one.” The eerie photo continues to fuel debate online, with users split between belief and doubt over the chilling image.

U.S. SENATE TO INVESTIGATE UFOS AFTER ELECTIONS


Sen. Kirsten Gillibrand (D-NY) is pushing for a Senate Armed Services Committee hearing on Unidentified Aerial Phenomena (UAP) after the November elections in the U.S., according to [TheHill.com](https://www.thehill.com).

“It’s a priority for me,” Gillibrand said. “I think it’s very important that we continue to make things publicly available.”

This follows a rise in UAP sightings and a July 2023 U.S. House hearing where officials warned of national security risks from unidentified phenomena. Gillibrand, who helped create the Pentagon’s UAP investigation office (AARO), wants a progress report on their work.

“Give examples of what we have identified and what we haven’t identified,” she said. The hearing, likely in November, aims to assess AARO’s progress and build public trust. ♦





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THE BEST ALIENS IN HORROR FILMS TO ENTERTAIN, MESMERIZE & TERRIFY

By Courtney Hunter-Stangler, The Lineup

What makes a horror movie scary is uncertainty, and one of the biggest uncertainties in life is whether or not we're alone in our existence in this universe. Are there other realms or planes layered over ours where the supernatural exists? Is there a multiverse? Is there an afterlife? Are there really aliens?

The horror genre has put forth countless films exploring these same themes, and when it comes to the question of aliens, it gets especially creative. Here's a list of horror's best aliens, what makes them great, and why (or why not) society stands a chance against them.

1. The Prettiest: The Shimmer From 'Annihilation' (2018)

When a meteor hits the coast of Florida, leaving a strange shimmering dome to form around the strike zone, a U.S. Army biologist must embark on a mission to understand what's happening and to save her husband, who recently returned from a trip inside. *Annihilation*, based on the 2014 Jeff VanderMeer novel of the same name, tells the story of Lena and her team as they enter the Shimmer only to discover that all life merges and mutates while in its confines.

A phantasmagoria of grotesque beauty, the vaguely defined Shimmer offers everything from humanoid flowers and corpses morphed into bears. Think along the lines of *The Thing* (1982) but if it were on the cover of *Vogue*.

An alien life form riding down to Earth on a meteor feels the most plausible of all alien invasions, and our chances against the Shimmer are likely good if we can tame our curiosity and keep clear of it. But considering that the theme of this movie serves to comment on the human penchant for self-destruction, the reality is that our odds are probably slim to none.

2. The Best Vibes: The Killer Klowns From 'Killer Klowns From Outer Space' (1988)

Killer Klowns From Outer Space paints a comedic picture of the chaos that ensues when a circus tent UFO



In *Annihilation*, a biologist must navigate a mysterious, mutating zone, known as the Shimmer, to save her husband.

crash lands on a small town, releasing a horde of alien clowns. First and foremost, the Killer Klowns get an unabashed A+ for branding, everything from their cotton-candy-shooting handguns to their popcorn bazookas and their murder methods flawlessly ties back to the crux of their clown nature.

It's all vibrant imagery that has become essential horror iconography in the decades since its release. However, it's this strange integration of circus culture that, in a real-life situation, would probably also be the Klowns' downfall.

Part of what makes this horror-comedy laughable is the small-town victims of the Klowns. They are painfully provincial, and if matched against just about anyone else, I'm not so sure the Klowns stand a chance.





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Cheryl Knight
*Editor-in-Chief
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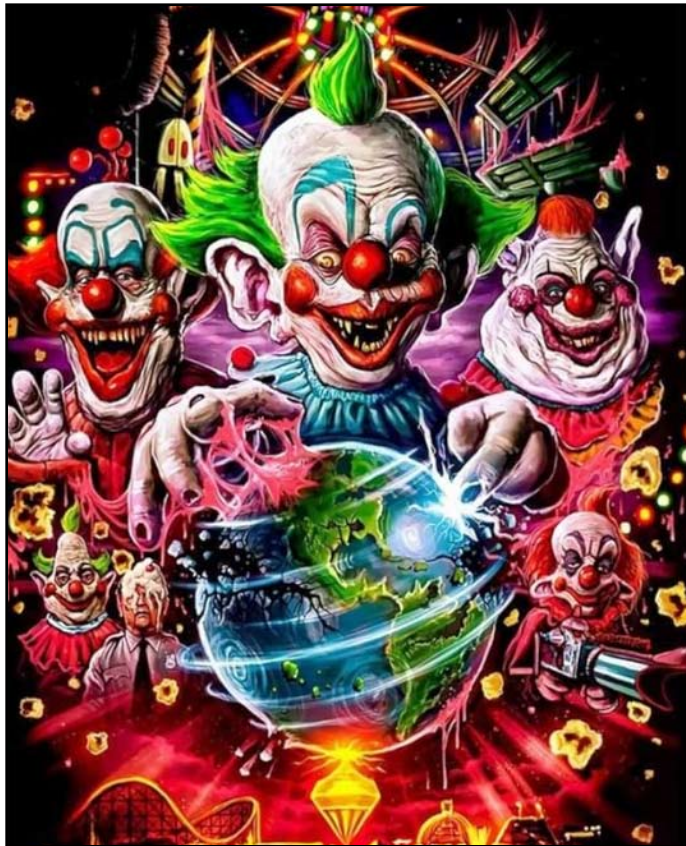


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Killer Klowns From Outer Space mixes horror and comedy with alien clowns that use circus-themed weapons.

3. The Most Dangerous: The Death Angels From the 'A Quiet Place' Franchise

The *A Quiet Place* movies are particularly terrifying because the Death Angels, the aliens featured in each of the three installments, have two very dangerous characteristics: They are lightning fast, and they strike exclusively based on sound.

The first two films cover what it's like for a family with small children to live in this kind of post-alien apocalyptic world, and the third, which is actually a prequel, chronicles the death angels' initial arrival on Earth.

Think about the noises you've heard or just made yourself while reading this. It's more than you realize. These movies prove survival is possible, but I'll say this, it does not seem fun nor for the faint of heart.

4. The Scariest: 'The Fourth Kind' (2009)

In the 2009 pseudo-documentary *The Fourth Kind*, Milla Jovovich plays Dr. Abigail Tyler, a psychologist from Nome, Alaska, who believes her patients and maybe even herself have been victims of alien abduction.

The movie gets its name from the Hynek classification scale of encounters with aliens, and it's a reference to alien abductions that aren't necessarily physical in nature

but temporarily transform and suspend reality around you. What's most terrifying about this movie is the absolute lack of aliens, and perhaps even more sinister, the way that symptoms of abduction both present as and are indistinguishable from mental health crises.



The aliens in *The Fourth Kind* are also the scariest because something like this feels the most real after accounting for a situation such as *Annihilation*. An invasion of little green guys seems so far-fetched, but contact seems less so when we consider that it could be as simple as anomalies in memory or consciousness that we cannot explain.

How would we fare against this kind of alien? To that question, I'd pose another one: How do we know for sure that they're not already here?

5. The GOAT: The Xenomorph in the 'Alien' Franchise

The instigator of a decades-long battle that has spanned time and space, the Xenomorph is quite literally the greatest to ever do it who's *still* doing it.

Nine films later, including the 2024 release *Alien: Romulus* directed by *Evil Dead* (2013) and *Don't Breathe's* (2016) Fede Alvarez, this creature is the backbone of a 45-year franchise in which it bests scientist after scientist who are victims of their curiosity.

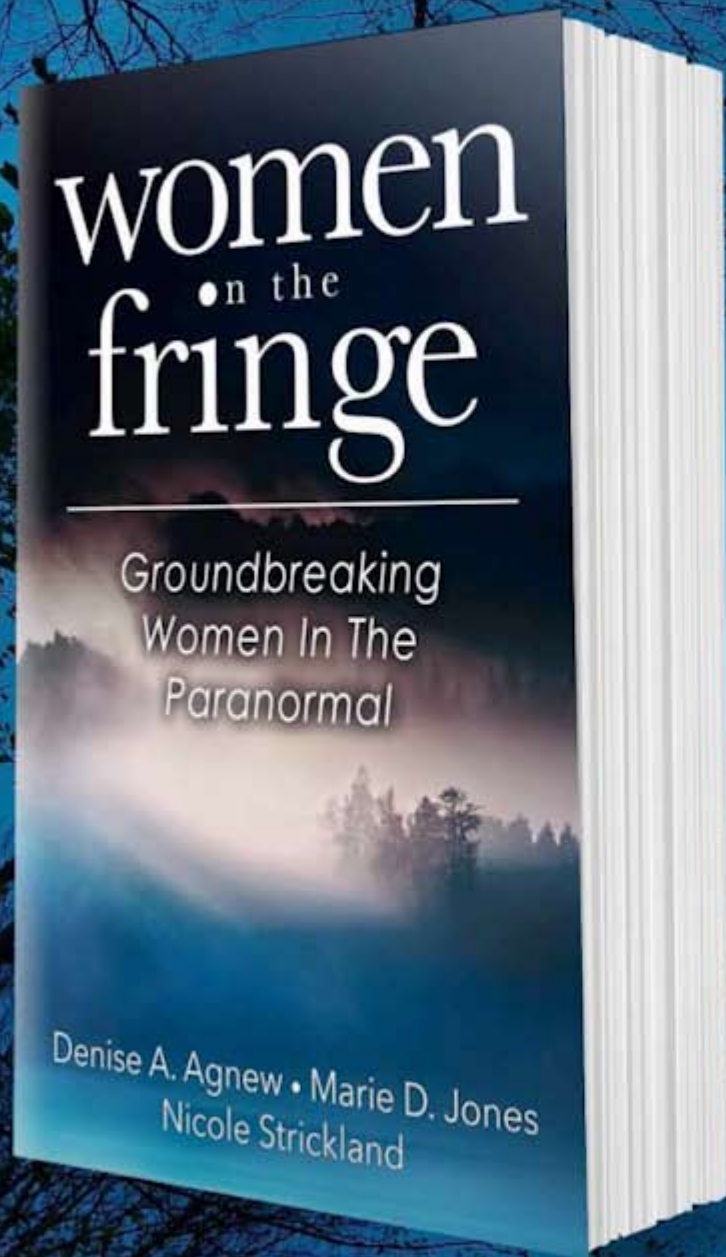


The Xenomorph is both repulsive and terrifying, with hyper-acidic saliva, regenerative properties, and a few extra retractable jaws' worth of sharp teeth. It is perhaps *the* most iconic alien and the blueprint upon which most others in horror have been built. Best of all, for the most part, he likes to stay in space — unless he's facing off against the Yautja, the warrior alien star of the *Predator* franchise.

If the Xenomorph migrated to Earth en masse and decided to pick a fight with us instead of the Predators, simply put, we'd be toast. Unlike the Death Angels, where it was possible to crack the code on cohabitation, I'm not so sure it'd be the same in this case. They are fast, and they are angry.

According to canon, we *found* them, and judging how Earth responds in invasion movies, it makes sense they're so hell-bent on retribution. ♦

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GHOSTS, DEMONS & FAITH

THE WHITTINGTONS' MISSION TO BATTLE DEMONS & HELP THE HAUNTED

By Cheryl Knight-Wilson

Shawn and Sharon Whittington's journey into the world of paranormal investigation began with a blind date and a shared passion for the unknown, ultimately leading them to confront some of the darkest spiritual forces imaginable.

The co-founders of Ghost-B-Gone open up about their journey into the world of paranormal investigation and spiritual warfare. The couple, whose shared passion for the supernatural was sparked on their very first date, has spent more than 40 years combined investigating and resolving cases of paranormal activity, often involving severe demonic attacks. Father Shawn shares how his deep religious faith plays a crucial role in their approach to cases of spiritual warfare and exorcism.

Together, Shawn and Sharon bring a unique combination of skills to their work: Sharon's strong intuitive abilities and Shawn's theological training allow them to effectively tackle some of the most complex and challenging cases. Shawn also discusses how the duo's personal experiences have shaped their work.

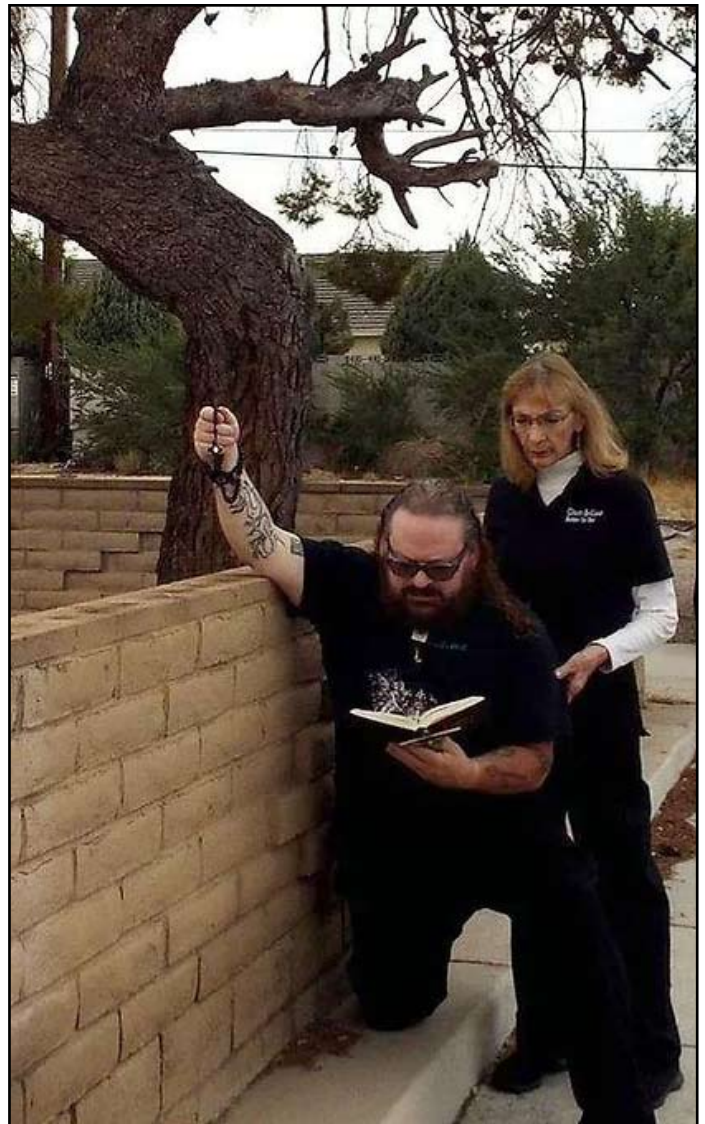
From the creation of their online course to memorable TV appearances, Shawn shares valuable insights into a life's mission to help those facing dark spiritual forces.

* * * * *

Q: Could you share what initially inspired you and your wife, Sharon, to cofound Ghost-B-Gone?

Shawn: Twenty-plus years ago, Sharon and I were set up on a blind date. During that first date, we realized we both had a passion for the paranormal. And the rest is, how they say, history!

Q: What distinguishes Ghost-B-Gone's approach from other paranormal teams, particularly in how you prepare for and conduct investigations?



Shawn and Sharon Whittington, co-founders of Ghost-B-Gone, have spent decades investigating paranormal activity, specializing in cases of severe demonic attacks. Their unique approach combines Sharon's intuitive abilities with Shawn's theological background, rooted in deep religious faith.





Shawn Whittington is a paranormal investigator and ordained priest with extensive experience in spiritual warfare and exorcism. His strong religious faith guides his approach to helping those affected by dark spiritual forces.

Shawn: Sharon and I complement each other well. She is my human dowsing rod, and I'm the man of God. Having many years of actual boots on the ground and real time experience in the field experience has helped us to prepare for all types of investigations.

We know now that without our faith in everything we do, we would not be able to properly help clients in extremely dark cases.

Q: How have your personal experiences with severe demonic attacks shaped your approach to paranormal investigation and spiritual ministry?

Shawn: Sharon and I have both survived extreme demonic attacks. We have experienced true divine intervention. We now approach demonic cases with extreme caution!

We also offer online educational courses, including an "Introduction to Spiritual Warfare and Paranormal Ministry." Knowledge is power, and I do not want what happened to my wife and I to ever happen to anyone else. It is an important course for those in deliverance ministry and paranormal investigating.

Q: You've helped many families over the years. Can you share a particularly memorable case where your intervention brought significant relief or transformation to someone in distress?

Shawn: The story in chapter 8 of my second book, *God, Ghosts and the Paranormal Ministry 2: Chronicles of an American Exorcist*, documents a case dealing with a drug-addicted adult film star under full demonic possession. With the help of a Jewish exorcist and a vision of the Virgin Mary, we won that battle.

Q: How has your involvement on the TV show *Eli Roth Presents: The Legion of Exorcists* impacted the public's understanding of paranormal investigation and exorcism?

Shawn: People in general, religious or not, have been very supportive of what we do. The case load continues to grow by the day.

Q: For individuals who suspect they're experiencing paranormal or demonic activity in their homes, what initial steps should they take before seeking professional help?

Shawn: Don't waste time with initial steps, especially if you don't know what you are doing. Seek professional help immediately.

If you feel you are being targeted by the demonic, and that is the case, there is always a reason for that. Try and figure out what that is and then change that part of your life.

Q: What else is important for our readers to know about you and your work?

Shawn: Saint Patrick's Day weekend 2024, I was ordained to the priesthood in the United States Old Catholic Church. That same weekend, I took my permanent vows as a Brother in the Old Catholic Benedictines of Immaculate Mary.

I will continue my studies in demonology/demonic possession and exorcism. I recently became a member of the Society of Saint Benedict, a highly specialized paranormal investigative team formed to help the paranormal community and the Church in following up on claims of demonic infestation, demonic oppression, and demonic possession. Thanks be to God!

* * * * *

Find out more about Shawn and Sharon Whittington and *Ghost-B-Gone* at their [website](#) and [Facebook page](#). And make sure to check out *The Legion of Exorcists* TV show. ♦

THE LINEUP

We keep it creepy.

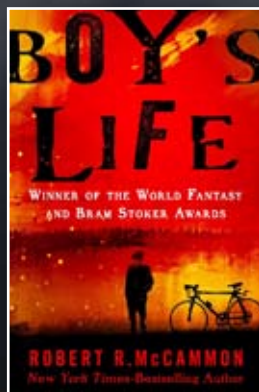
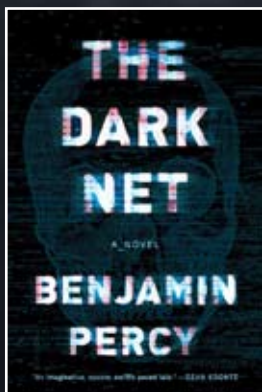
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HOW TO USE A OUIJA BOARD, SAFELY (PART 1)

BY LISA QUIGLEY, THE LINEUP

It's hard to imagine an object more steeped in mystery and mysticism than the Ouija board. Even die-hard skeptics and nonbelievers are hesitant to use one — their place in our collective imagination is just that powerful.

Today, the Ouija board remains a popular and controversial tool for those who believe in a spirit world and that communication with this mysterious realm is possible. While some believe that the board is a harmless tool for exploring the unknown, others warn that it can be dangerous and that its use should be approached with caution. You never know what malevolent spirit you might “invite in” when you use one.

However, the idea of being able to contact those who have passed on or receive guidance from an unseen force is alluring to some people — thus increasing the Ouija board's appeal. Adding to its mystique and intrigue is the fact that pop culture has transformed the Ouija board into the stuff of lore and legend.

The Ouija board, also known as a spirit board or talking board, is a flat board marked with the letters of the alphabet and the numbers 0-9. In the top corners of the board are the words “YES” and “NO,” and at the bottom of the board in capital letters, the phrase, “GOOD BYE.”

Accompanying the board is a triangular or heart-shaped device called a planchette — typically made of wood or plastic. The planchette has a small hole in the center, and some are equipped with a magnifying glass to help participants read the messages that are spelled out.

During a session, participants place their fingers lightly on the planchette, which then moves across the board to spell out messages from the spirit realm.

But are these messages real?

Many people have their doubts — as well as outright disbelief. The Ouija board is controversial for many reasons; it's also criticized by people who believe it can open the user up to negative spiritual energies.

But are these fears founded? Many people tell of the inexplicable experiences they've had during Ouija board sessions, while others will claim it's merely a silly party trick.

But if they are real, many wonder if Ouija boards are safe to use.

History of Ouija Boards

“Ouija” is actually brand name of specific kind of talking board, first patented by Elijah Bond in 1891, but the board became popular after Charles Kennard and his associate William Fuld took over the production and marketing of the board. Kennard incorrectly claimed that “Ouija” was Egyptian for “good luck.”

The Ouija board's popularity grew during the Spiritualist movement of the late 19th and early 20th centuries, which focused on communicating with the dead. The board was used in seances and other spiritual gatherings, as some believed that it was a tool for communicating with the spirit world.

In the 1940s and 1950s, the Ouija board's popularity waned as skepticism grew about its ability to communicate with the dead. In the 1960s and 1970s, however, public interest in the board was rekindled as part of several occult and New Age movements.

The Ouija Board in Pop Culture

The Ouija board has been a popular staple in pop culture — particularly in horror media — for a long time, appearing in movies, TV shows, and books. It is often portrayed as a dangerous or evil object, capable of sum-





moning malevolent spirits or causing harm to those who use it. This depiction has led many people to view the Ouija board as a terrifying and dangerous tool of the occult — therefore they avoid using them.

Some notable examples of the Ouija board in pop culture include:

The Exorcist (1973): This may be one of the primary reasons the Ouija board has haunted our collective imagination. In this classic horror movie, a young girl named Regan uses a Ouija board to communicate with a demon, leading to her possession.

Witchboard (1986): This horror movie follows a group of friends who use a Ouija board and unwittingly awaken an evil spirit.

Paranormal Activity (2007): In this found-footage horror movie, a couple uses a Ouija board to communicate with a ghost, leading to terrifying paranormal events. And did I mention the Ouija board sets itself on fire? Because uh, yeah, that's a thing that happens.

Cultural Fear of Ouija Boards

In general, fear of Ouija boards is pretty pervasive in our culture, including, and perhaps surprisingly, among people who don't typically believe in the supernatural.

The popular lore about them is just that strong.

Many people believe that in naive or inexperienced hands, Ouija boards can open a portal to the spirit world — with unsuspecting participants not fully understanding what they're opening themselves up to. The idea is that doing so will allow malevolent entities (demons, evil spirits, and other frightening beings) to enter our world, causing possessions, hauntings, or other such trouble (to varying degrees).

Additionally, some people believe that Ouija boards can be manipulated by others in the room, either intentionally or unintentionally, causing the planchette (the pointer on the board) to move in ways that are not under the control of the participants. This can be seen as a form of manipulation or even possession by some people, leading to additional feelings of fear and unease.

It is worth noting that there is no scientific evidence to support the belief that Ouija boards can communicate with the afterlife or that they are inherently dangerous. However, people's beliefs and perceptions can be powerful and can influence their emotions and behaviors.

Stay tuned for Part 2 of "How to Use a Ouija Board, Safely" in next month's issue. ♦

HAUNTED HUMBERSTONE

THE GHOST TOWN OF THE ATACAMA DESERT

BY CHAD WILSON



Those visiting Humberstone, an abandoned nitrate mining town in Chile's Atacama Desert, often report paranormal experiences near the school (pictured on the next page) and in the homes of former workers, while the preserved buildings offer a glimpse into life during the nitrate boom.

In the vast and desolate Atacama Desert, there lies an abandoned town with a past deeply tied to Chile's nitrate mining boom: Humberstone. What was once a thriving community has now become a ghost town, eerily silent and frozen in time.

The town's rich history and reports of strange occurrences make it a compelling site for those interested in both history and the paranormal.

A Boom and Bust of the Nitrate Industry

Humberstone was founded in 1872 as part of the salt-peter (potassium nitrate) extraction industry in northern Chile. At the time, Chile was one of the world's leading suppliers of nitrate, used in fertilizers and explosives. This "white gold" brought prosperity to the country and helped establish mining towns such as Humberstone, which attracted workers from across the region.

The town was originally named "La Palma" but was renamed in 1934 to honor James Thomas Humberstone, a British chemical engineer who played a significant role in the Chilean nitrate industry. At its peak, Humberstone supported thousands of workers and their families, with a

range of amenities like a hotel, school, theater, and even a swimming pool, providing a relatively high standard of living for its time.

However, the global demand for natural nitrate declined sharply in the early 20th century due to the development of synthetic alternatives. By the 1960s, Humberstone, like many other nitrate towns, was abandoned. Its fate sealed, the town became a relic of a bygone era. In recognition of its historical significance, Humberstone, along with the nearby town of Santa Laura, was declared a UNESCO World Heritage Site in 2005.

Reported Hauntings and Paranormal Experiences

Despite its abandonment, Humberstone has gained a reputation for being one of the most haunted places in Chile. Many visitors have reported experiencing unsettling sensations while exploring the deserted streets and buildings.

One of the more commonly shared experiences involves the old school building. Some visitors claim to hear faint sounds of children playing or the echo of a school bell, despite the school being empty for decades. This phenomenon has contributed to the belief that the

spirits of children who once lived in Humberstone may still linger.

Another area of interest is the former theater. Some who have visited report feelings of unease, particularly in the evening, when the setting sun casts long shadows over the town. Other buildings, such as the workers' homes and offices, have also been associated with unexplained cold spots and strange noises.

"People have experienced the paranormal for years in Humberstone. People have been hearing disembodied voices, unexplained knocks and bangs, and doors tend to slam shut on their own. Black shadow masses and full-body apparitions have been seen," according to The Little House of Horrors.

In addition to its haunted reputation, Humberstone offers a fascinating look into Chile's industrial past. The town is remarkably well-preserved, thanks in part to the dry climate of the Atacama Desert, which has helped prevent significant decay. Visitors can walk through the intact buildings and imagine what life might have been like during the peak of the nitrate boom.

Visitors come to explore Humberstone's history, and some come to search for the ghosts of its past. Whether or not you believe in the paranormal, Humberstone's haunting presence in the Atacama Desert is undeniable. ♦



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APRO ARCHIVES RESURFACE

A Major Victory for UFO Researchers

By Philip Mantle

One of the largest UFO archives in the world have been hidden away to Arizona in the United States for decades, with many UFO researchers fearing that they may have been lost forever. Thousands of files were contained in the archive of one of the early pioneering UFO groups, Aerial Phenomena Research Organization (APRO). Numerous UFO researchers have tried to gain access to these files, myself included, but all to no avail.

One of the best UFO archives from the U.S., apart from the National Investigations Committee on Aerial Phenomena (NICAP) and Center for UFO Studies (CUFOS) files, is the one put together by APRO — of that there is no doubt. APRO was founded in 1952 by husband-and-wife Jim and Coral Lorenzen. The Lorenzen's authored several books and added overseas material to their archive.

For years, the archive grew larger and larger and contained witness reports, photographs, and original correspondence from ufologists around the world. The archives were located in Tucson, Arizona, where the Lorenzen's lived for many years. After the Lorenzen's passed away and with ufological politics playing a part (I'll not bore you with the details), the APRO file ended up being looked after by Tina Choate and Brian Myers. It was estimated that the APRO archive contained 15,000 files plus boxes of other material, but nobody knew for sure.

UFO Research Archives Find a New Home

When I began working on the 1973 Pascagoula alien abduction case, I knew that the late Dr. James Harder was sent to Pascagoula by APRO to investigate. Dr. Harder even hypnotized both Charles Hickson and Calvin Parker. I'm not sure who informed me that Tina and Brian were custodians of the APRO files, but it made sense that I should contact them and ask if they could help me locate any of Dr. Harder's work on the Pascagoula case. Both Tina and Brian were very polite in their email replies, but apart from a radio interview with Charles Hickson, I was unable to obtain anything else.



Brian Myers (pictured, left) and David Marler (right) with the APRO files safely in place. (Photo: © NUFOHRC)

This was sad and frustrating, but there was nothing I could do about it. I knew now that these files were not lost, and I suspected that if they were as large as people thought they were, and if they were not indexed in any way, then it could take days or even weeks of searching through them to locate anything of interest. If this was the case, then I could understand why I couldn't get access to them.

Sadly, Tina died a few years ago and Brian, her partner, kept in touch occasionally. In 2023, I donated all of my files to the National UFO Historical Records Center in Albuquerque, New Mexico in the U.S. In the past, I had suggested that Myers might like to do the same. I had no response from Brian to this suggestion. This non-profit organization already had in its possession the NICAP and CUFOS files and much more. For me, it seemed the natural home for my modest collection.

It seems coincidental that in early November 2023 I had been discussing the location of various files on social media when some great news was released, taking the UFO community completely by surprise. David Marler, executive director of NUFOHRC, issued a press release

on November 28, 2023, that the organization now houses the largest civilian historical UFO case file collection in the U.S., with tens of thousands of records.

The files include archives from APRO, NICAP, and CUFOS, as well as Dr. J. Allen Hynek's original Project Blue Book records. All records are being digitized for better access, with plans to establish a permanent facility in Albuquerque. This site will provide public access to the research materials, photos, and artifacts.

"Never in U.S. history has such a vast quantity of UFO records (numbering in the tens of thousands) been centralized in one location," according to the press release.

The Holy Grail of Civilian UFO Research

I personally called the APRO files a kind of Holy Grail of civilian UFO research. And, in my humble opinion, this is one of the highlights in UFO research this year and more. Apparently, the acquisition of the files went very smoothly and was organized very quickly in early November by Myers and Marler.

The National UFO Historical Records Center now legally owns the APRO archives. From what I can gather, there are 15 filing cabinets full of material plus boxes and miscellaneous items in this collection. Marler and his colleagues involved in the acquisition of the APRO archive have received plaudits from people around the world and rightly so. Well done also to Myers for donating the archive. It cannot have been an easy thing to do after all these years.

It will take Marler and his colleagues quite some time to carefully make their way through the APRO archive, so we must give them the time that is required to document exactly what is in them. I personally expect some real gems of data will be in the APRO archive — and, who knows, maybe some of Dr. Harder's work on the Pascagoula alien abduction.

What I can say for certain is that I am as convinced as ever that I donated my files to the right organization. There are others of course, including the Archives for the Unexplained (AFU) in Sweden. All I can suggest to anyone reading this is to repeat what I have said previously. If you have an archive or collection of UFO material (files, books, ephemera, etc.), ask yourself what are you going to do with it when the time comes that you are either no longer interested or involved in the subject or you are too old or too ill. What will happen to your collection when you die?

I have had a serious illness for years, hence my decision to donate my files in 2023, before it's too late. I have seen large UFO collections end up in the trash. Don't let your files end up as landfill — decide what you are going to do with them now. ♦



Pictured above (top): David Marler with some of the archives at the National UFO Historical Records Center. (Photo: © NUFO)

Pictured above (bottom): Some of the files that UFO researcher Philip Mantle donated to the NUFOHRC in 2023.

THE MAPINGUARI: GUARDIAN OF THE AMAZON OR MYTHICAL MONSTER?

By Corey Sharer

The Mapinguari is a creature from Amazonian folklore that has sparked the imagination of Indigenous Peoples and modern cryptozoologists alike. Often described as a large, humanoid beast, this legendary figure is believed to haunt the dense jungles of the Amazon, spreading fear with its terrifying appearance and eerie cries.

The Mapinguari, whose origins lie in the oral traditions of the region's indigenous tribes, is thought to be a protector of the forest, a symbol of the wild and untamed aspects of nature.

Description of the Mapinguari

The physical description of the Mapinguari varies across different accounts. However, most stories depict it as a giant, standing between 7 to 9 feet tall, with features that combine elements of humans and animals. It is often said to have long, matted fur that resembles a bear or giant sloth, with large claws and an insatiable appetite. Its skin is said to be so tough that it is impervious to bullets and arrows, making it nearly impossible to kill.

One of the most bizarre and distinctive traits attributed to the Mapinguari is a large, singular eye in the center of its head, drawing comparisons to the Cyclops of Greek mythology. Another prominent feature is its large mouth, which some legends suggest is located on its stomach rather than its face, a grotesque image that has fueled both fascination and fear.

Origins and Mythology

The stories of the Mapinguari originate primarily from indigenous peoples of Brazil, Bolivia, and surrounding areas. To the native tribes, this creature serves as a protector of the

rainforest. In many tales, the Mapinguari is a guardian figure, warning people not to destroy the forest or hunt animals excessively. Those who disrespect the natural world are said to face its wrath, encountering the creature during nighttime journeys or deep in the remote wilderness.

In other versions of the legend, the Mapinguari is said to

be the result of a shaman's curse. According to one version, a powerful shaman attempted to gain immortality through magic, but his attempt backfired, transforming him into a hideous beast doomed to roam the forest. The creature's cries are described as haunting and otherworldly, believed by some to be the screams of the shaman who is trapped in the Mapinguari's form, suffering for his hubris.

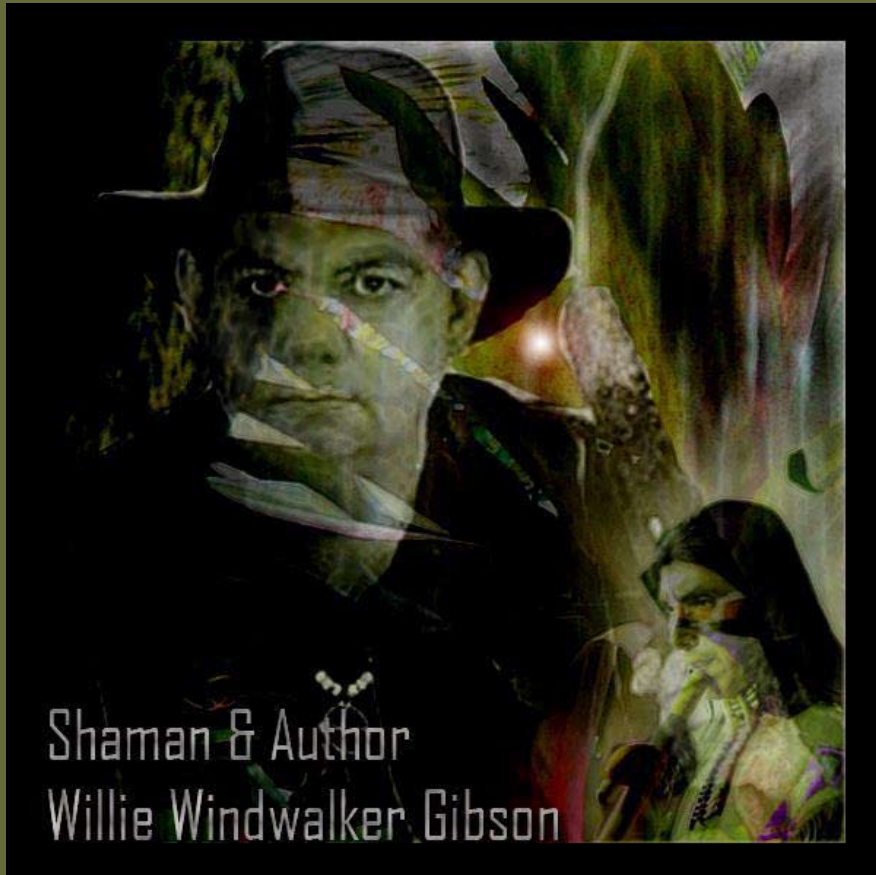
Possible Origins: Myth or Reality?

While the Mapinguari is primarily regarded as a myth, some researchers and cryptozoologists have speculated that it could be based on real creatures. One theory suggests that stories of the Mapinguari may have been inspired by prehistoric creatures, such as the giant ground sloth. The giant ground sloth,

which roamed South America until its extinction roughly 10,000 years ago, bears some resemblance to the creature in terms of size and physical traits.

Eyewitness accounts of encounters with the Mapinguari continue to emerge, with some Amazonian locals and explorers claiming to have seen the creature. Cryptozoologists have ventured into the Amazon in hopes of discovering evidence of the beast, though no conclusive proof has ever been found. The dense, remote nature of the rainforest fuels speculation that an unknown creature could still evade detection. ♦





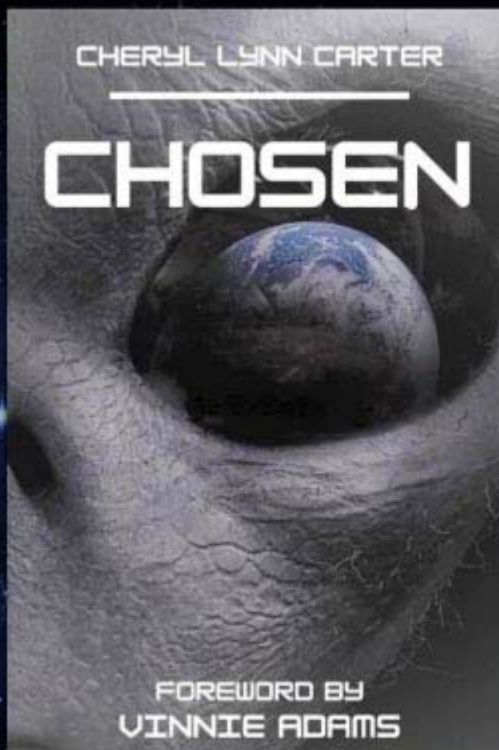
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RENDLESHAM FOREST

MARIO WOODS

THE FACE-ON-FIRE DEMON

A HAUNTING IN ORANGEVALE

By Paul Dale Roberts, Halo Paranormal Investigations

It was December 2022 when I received a call from Melanie, who lived in an apartment in Orangevale, California. While she had lived in the apartment for seven months, she had only recently become haunted by the apparition of a man whose face appeared to be on fire.

While putting on her makeup in the bathroom, Melanie saw a fiery-faced demon standing behind her. She couldn't believe what she was seeing and screamed. Her next-door neighbor heard the scream and rushed over, knocking on her door. When Melanie answered, she said, "You may think I'm crazy, but I saw a man standing behind me, and his face was on fire!" Her neighbor assured her she wasn't crazy, explaining that the previous tenant used to play with Ouija boards and may have summoned a demon. The former resident had died in a motorcycle accident, and the apartment was put up for rent. Melanie became the next tenant.

Since moving in, Melanie had experienced banging on the walls, her bed shaking, and hearing footsteps even when she was alone in the apartment. The final straw came one night when, as she lay in bed, the apparition of the man with the fiery face appeared, looking down at her.

She believed the previous tenant indeed summoned a demon, so she asked our team, specifically me and Deanna (AKA Wish Fire) to cleanse her apartment. Melanie requested a confidential cleansing and did not want an investigation. She allowed me to use her middle name, "Melanie," for this article.

Melanie asked if I'd ever encountered a demon with a face on fire, and in fact, I had. During my time stationed in Germany, I visited Reichenstein Castle in Trechtingshausen, about an hour from Frankfurt. The castle is known to locals for being haunted by a headless apparition.



In the 16th century, Holy Roman Emperor Rudolf von Habsburg ordered the execution of the castle's lord and his nine sons. The lord, desperate to save his sons, asked to have his head cut off and to be allowed to walk past his sons without it. If he succeeded, the emperor agreed to spare his sons. To the astonishment of witnesses, the lord managed to walk past all nine, and they were spared. Many people still claim to see the headless lord wandering the castle grounds.

When I visited the area, I spoke to several local tourists who mentioned that a demon with a flaming head also haunts the castle. They believed the lord made a pact with the devil to perform his miraculous walk, and that

this demon, known as the "Feuergeist" or "fire spirit," still roams the area.

One tourist told me that a man named Hans Huber had encountered the Feuergeist and believed he was cursed afterward. Hans faced financial ruin, marital problems, and eventually died in a car accident. Interestingly, the former tenant of Melanie's apartment also died in a motorcycle accident, leading her to wonder if he was cursed too.

Melanie herself had a close call recently when a car nearly hit her after running a red light, further convincing her that a cleansing was urgent.

Wish Fire and I conducted a quick EVP sweep of the apartment, though we didn't capture any EVP evidence. Melanie allowed this part of the process. Wish Fire began the metaphysical cleansing with her blessed candles and palo santo sticks. Once she was done, I followed with a Roman Catholic cleansing.

During the cleansing, I heard some banging on the walls, but it stopped after we finished. Melanie said the air felt lighter and believed the entity was cleared out. ♦

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SHADOWS IN OAK PARK

THE HAUNTINGS OF A SACRAMENTO HOME

BY PAUL DALE ROBERTS, HALO PARANORMAL INVESTIGATIONS

Oak Park, Sacramento, has long been known for its haunted history, with homes dating back to the 1800s and tales of wandering spirits. So, when we received a call from Martin Purtil and Dawn Parmeter about strange occurrences at their 1930s-era home, we knew this would be a case worth investigating.

With its eerie reputation and history, Oak Park seemed like the perfect setting for a paranormal investigation, and as we would soon discover, the activity in this house would not disappoint.

Our investigative team for the night included myself, T. Hawkins, S. McCabe, Lou Paman, and Dee Pizarro. As we arrived for the investigation, we were warmly greeted by the homeowners, Martin Purtil and Dawn Parmeter. Martin and Dawn told us about the strange occurrences they'd been experiencing, especially in the storage house in the backyard. Martin gave us a tour of the property, including the storage house and barn.

When I entered the storage house, I immediately felt a strange atmosphere — a tingling sensation ran down my arms. I began taking digital photos, and in the very first one, I captured some orb activity. While orbs can often be explained as dust or light refractions, they may be considered paranormal if they show intelligent movement. However, in my second and third photos, no orbs appeared. As I stood there, I swear I saw a shadow dart across the lawn out of the corner of my eye. Something was definitely happening at this house.

Martin and Dawn shared that they had both seen moving shadows and often feel strange energy around the storage house. Dawn said she sometimes felt as though she was being watched from the barn window. Both have experienced cold spots throughout the home and backyard. On one occasion, Dawn felt a presence behind her, which sent chills through her body.

She described the storage house as consistently damp, dark, and muggy. She also recounted the time she witnessed an unplugged fan suddenly start moving at full speed. Their cats, Jasper and Booger, have been seen hissing in empty space, as if reacting to something invisible.

Martin believes they may have encountered a male



spirit. He even dug up an old chimney in the backyard, which made him wonder if another house once stood on the property. Martin explained that the paranormal activity has been happening since his parents owned the house. According to local legend, the man who built the house did so for his wife, who died in the home. It's possible that the spirits of this couple still reside there.

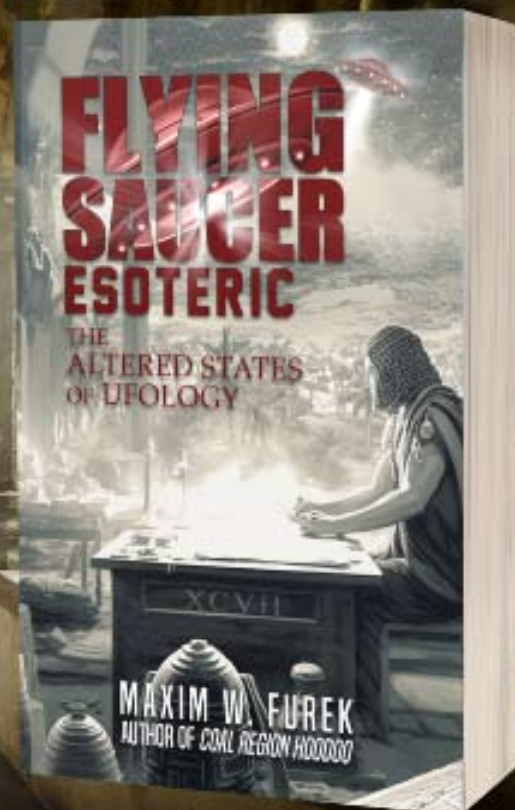
One of the most unsettling incidents was when a small unplugged TV in the back room turned on by itself, emitting distinctive “white noise.” Martin and Dawn heard people talking through the static, and while some words were inaudible, they distinctly heard the word “emergency,” as though picking up a radio signal.

During our investigation, we captured a Class A EVP of a man's voice asking, “Why are you here?” Two investigators also heard growling noises coming from the storage house.

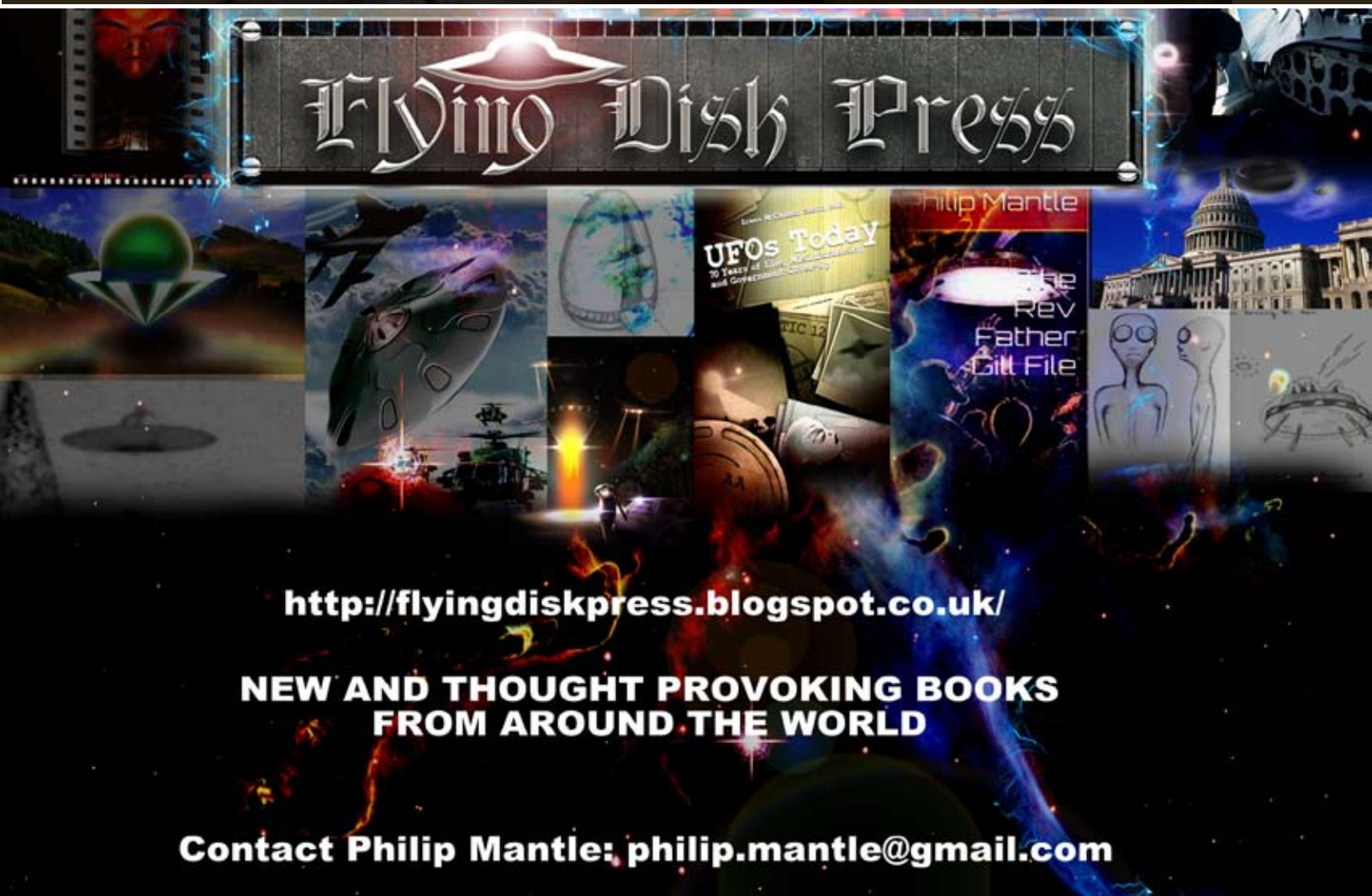
After reviewing the evidence, we determined that this home is indeed haunted. I performed a Roman Catholic house blessing, and the homeowners reported that the paranormal activity has significantly decreased since then. ♦

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The Stillness of the Soul

Discovering Connection in Silence

By Rainbow Radaelli

Have you ever experienced the nothingness of your own voice? The void of nothingness can also seep into those places that are long forgotten, such as those islands of assiduous and convoluted thoughts. Is this void deafening beyond our white noise of existence? Or is it truly what the soul seeks, the calm amongst the storm of existence?

It's not about the blackness of space that haunts the psyche, but the endlessness of all directions, an eternity of aloneness. Maybe this is why the chattering of the mind keeps us company. To be lonely in a world full of people is the human conundrum.

To be alone without the fear of our solo existence has always played a part in accepting our oneness. Yet, it is a role we seldom relish upon or take to heart.

When I walk in nature, I hear the quiddity of the forest. Sometimes she speaks, and other times she is as silent as the grave. What does nature do in the quiet of her own silence?

The wind becomes the voice of Gaia's calling, and to answer her, the mind must open up to her silent beckoning. Is the nothingness of the moment enough? I usually fear why she is quiet, but not the sole purpose of her silence. The quiet break of the day replenishes the reservoirs of our human existence, while the silence reminds us of our mortality. Nature understands her silence, while humans question theirs.

Shadows, twilight, and the slow insanity of thought can become the cacophony of the night. But what happens when the mind refuses to relinquish its right to the chitter chatter of the day's departing light? Lunacy comes

to mind, because it invites itself into the human condition like an intolerable and culpable old friend.

The glow of the full moon casts her illuminated shimmer upon my gaze, and I often wonder, as she shines so brightly upon me, what her message would be. Is it her

words upon the heart, or is it her magical way she holds us spellbound that fills our minds with wonder? Perhaps both, I think.

Magic plays with the mind like the strumming of a lover's song, played only for its intended beloved. In the moment's serenade, does time stand still, or is the mind full only of its impassioned desire? Does the shielding silence keep the outside world away from the impetuous heart, or does it open us up to the convoluted thoughts, those yearning for another?

Finding the place of unrequited love can replace the unfettered trepidation of the intolerable silence and the loneliness of self. If the heart beats for another, it does not beat alone. But what if the silence is more than this?

Within the very core of silence, what if the spark of life is alive and

well. It encompasses all that is and ever will be. The fear of aloneness is a faint memory, because within the silence of our souls, the interchange of feelings, words, and images merge into a whirlwind of existence.

We become everything outside ourselves, with the ebb and flow of vivacity coursing through our veins. Perhaps the silence within us has the creative voice that has always been with us — it connects us to each other.

We were never alone to begin with. The quiet of silence speaks volumes. It's up to us to hear the colloquy from within. ♦





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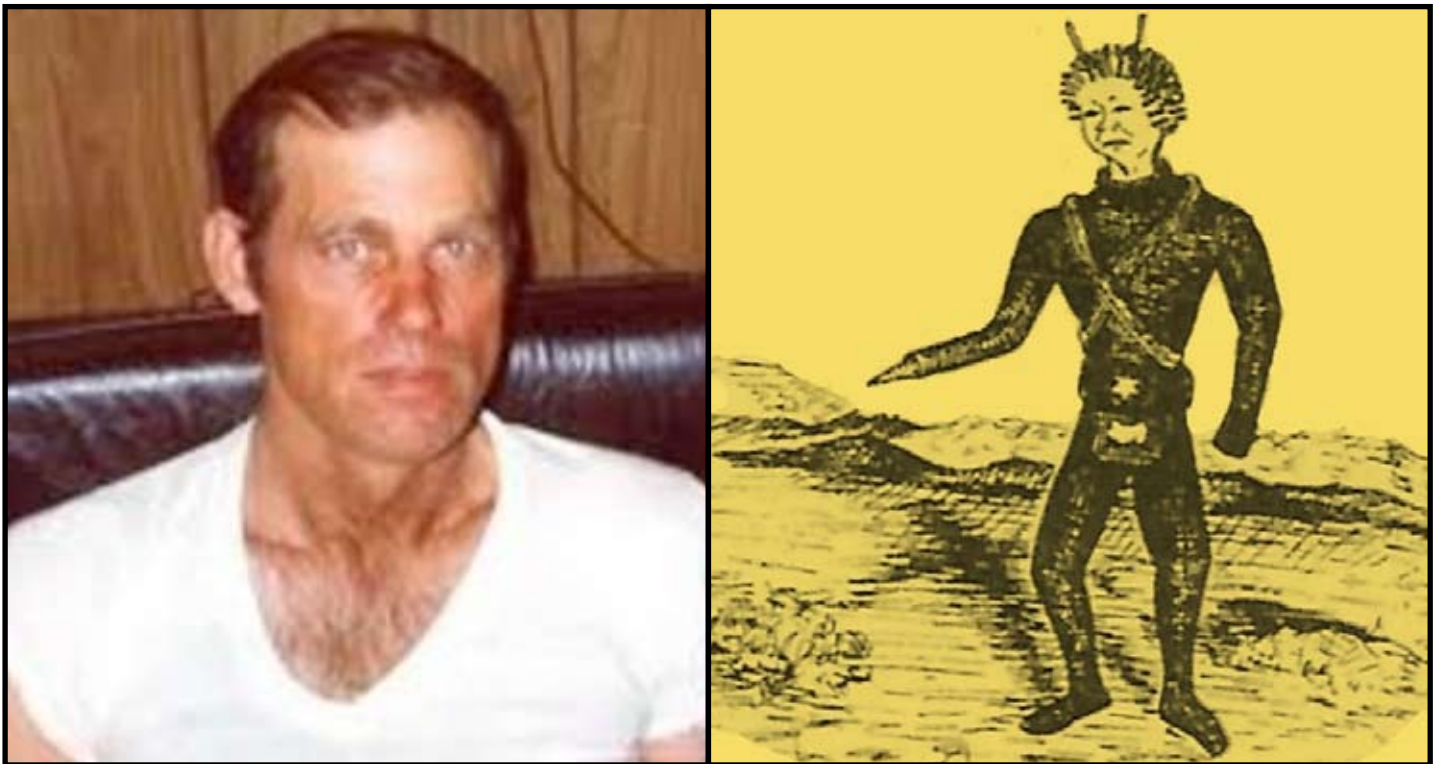
KAREN FRAZIER

AuthorKarenFrazier.com

Carl Higdon's Alien Abduction

The Day the Elk Disappeared

By Cheryl Lynn Carter



Carl Higdon (pictured, left) met an unusual entity (right) during an impromptu hunting trip.

October 25, 1974, was a typical day in Rawlins, Wyoming, a dusty, old railroad town that was founded in 1968 when the Union Pacific Railroad arrived. Carl Higdon, a 41-year-old foreman of an oil rig, was getting ready to start his work day.

Higdon, husband and father of four, was an Air Force veteran of the Korean War. He was known as the “Wyoming Coyote” by his crew for his tenacity and unwavering persistence in keeping focused on something until it met fruition.

Just as he was about to leave for the afternoon shift, he received a phone call from one of the crew members informing him that he was sick and would not be

into work. Realizing that he wouldn't be able to get any work done minus a crew member, he decided to take the day off.

He packed up his company truck and headed 40 miles south to McCarty Canyon in the Medicine Bow National Forest in order to go hunting. When he arrived, he encountered some hunters that appeared to be having trouble with their truck. He pulled over to assist them, managed to get their truck started again, and they engaged in a conversation about hunting. The men, grateful for the kindness, were more than happy to divulge the location of a remote, little-known spot deep within the forest where the elk was plentiful.

Higdon's Hunt Turns Eerie as a Humanoid Figure Emerges From the Woods

As he got back on the road and headed to his new destination, Higdon felt this was going to be his lucky day. He arrived at about 4 p.m. When the road got rough, he parked on a knoll and headed out on foot with his 7mm Magnum rifle. As he topped a ridge, sure enough, he observed five elk grazing.

Quickly, he raised his rifle, aimed at the buck, and fired. It was then that a most bizarre event occurred. He watched as the bullet appeared to travel in slow motion. Then it just dropped into the snow approximately 50 feet away. He suddenly became aware of total silence around him and a feeling of static electricity in the air. Furthermore, none of the elk moved.

He walked over and managed to retrieve the bullet. The bullet appeared to be turned inside out and flattened; it was as if it had come in contact with a very hard object. As he tucked the bullet into a fold in his canteen pouch, he stopped, his ears at attention. The sound of a twig snapping came from his right.

Thinking it was another hunter, he lowered his rifle. He turned, and in the shadow of the trees was what appeared to be a man. However, as the figure got closer, he realized it was something else; something otherworldly.

This humanoid was six foot, two inches and about 180 pounds. He had black hair that stood straight up upon his head, very small eyes, a slit-like mouth, and two antenna-like objects on each side of his forehead. He was dressed in a black suit and wore a belt with a star in the middle and a yellow emblem below it. On his chest were harnesses that crisscrossed. The right arm had some sort of apparatus attached where the hand would be, and on the left arm was no hand.

Mysterious Entity Transports Higdon to an Alien Planet for a Brief Encounter

The entity approached Higdon and asked if he was hungry, to which he replied that he was. The entity held out his hand and tossed a packet of four pills to him. He was told that one pill would sustain him for four days. Although he ordinarily did not take even an aspirin, he was inclined to take one. The entity said his name was Ausso One and was from a place 163,000 light years away from Earth. He pointed the device on his right arm toward Higdon.

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'I WAS KIDNAPED'

By FRANK BOURKE

LARAMIE, Wyo. — A hunter's account of contact with beings from outer space and a kidnap voyage aboard a craft from another planet was termed "legitimate" this week by a University of Wyoming psychologist.

Dr. R. Leo Sprinkle, director of counseling and testing at the university, made this conclusion after a thorough evaluation of experiences recounted by Carl Higdon of Rawlins, Wyo.

Higdon, 40, is a veteran oil driller for the AM Well Service Co. of Riverton, and his eerie counter with outer space occurred last Oct. 25 while hunting in a secluded area of nearby Medicine Bow National Forest.

Higdon gave the Star this account of that day:

"Life has not been the same since I met that 'man' out in the woods. I wish the whole thing hadn't happened, but since it did, I think it's my duty to let folks know about it.

"People may talk behind my back — say I'm going crazy — but I swear I'm telling the truth!

"Around 4 p.m. I noticed a group of five elk huddled together at a distance of several hundred feet from me, in a clearing. Raising my Magnum rifle and getting one of the animals into my sight, I proceeded to pull the trigger.

"Normally the firing of this type of gun would cause quite a jolt. Therefore, you can imagine my surprise with what took place next.

INSTEAD of hitting one of the elk with terrific impact, as it should have, the bullet left my rifle very slowly, almost as if it were coming out in slow motion.

"In addition the projectile dropped into the snow only 50 feet away. I thought to myself, 'What can be going on?'"

Higdon received his answer seconds later.

"Immediately, I sensed a peculiar tingle in the air, like you often feel before an electrical storm. Turning quickly, I spotted a 'stranger' standing behind me in the shadows.

Gliding silently

"At first, I thought he was just another hunter, until my eyes became accustomed to the glare of the bright sunlight on the freshly fallen snow."

"The 'stranger' glided noiselessly toward me. If he had been human, I would certainly have heard his footsteps on the dried twigs and branches which covered the snow. Standing all of six-foot-two, he was dressed in a snug-fitting black jumpsuit, which covered him from the region of the neck to his toes.

"Around his mid-section he wore a wide belt, in the center of which was a six-pointed star, and a mysterious emblem."

"He had coarse hair that stood straight up like bristles on a broom. They were spaced about a half-inch apart. Sticking out from the top of his head were two antenna-like rods.

"His face was eerie, because he had no chin — his head ran straight into his neck. His eyes were unusually small, and he had no eyebrows. And, while I was in his company for several hours, at no time during this period did I ever see his hands — if he had them. The sleeves of his one-piece garment were long, and in place of hands he seemed to have two tapered, rod-like appendages, which he would point in order to make things move.

"It was as if he could control the force of gravity with these objects. The possibility arises that they may have been part of his body."

The being approached within several feet of where Higdon stood frozen in his tracks.

"He asked me if I was hungry, and without waiting for a reply, tossed me a small envelope or packet containing four pills. I took them, although normally I don't like to take even an aspirin when I know I'm coming down with a cold. It's like I was being controlled — made to take them."

'Life is not the same since I met that man'



CARL HIGDON ... kidnaped by spacemen.

THE next thing Higdon remembers is being inside a cube-shaped, transparent craft, which moments later lifted from the ground and apparently transported him to another world, somewhere in the limitless void of outer space.

"I recall noticing this transparent object — presumably the ship in which my new friend had arrived — resting on the ground a short distance from where we met.

"All I know is that he pointed his 'arm' at me and zap! — before I knew what hit me, we were inside this strange contraption, with the five elk — all paralyzed and off in a separate compartment.

"Also on board were two additional beings.

"Without any audible sound, we lifted off into the air. I was told we were going to their home planet, some 163,000 light years distance. Together, the three of them placed a helmet upon my head, which had wires sticking out in all directions.

"It was fastened to my head with a strap under the chin. They never explained what the purpose of doing this was.

"Shortly thereafter — my conception of

Carl Higdon's UFO abduction case was investigated by Dr. R. Leo Sprinkle and featured in several newspapers.

At this juncture, Higdon found himself inside a transparent cube sitting in a chair. There were straps around his arms and a helmet-like apparatus on his head that had wires attached to it. As his eyes scanned the area, he noticed the five elk were there too. He felt the craft lifting up into the air. The floor of the craft was clear, and beneath him he could see a planet — a planet not of our solar system.

The craft landed on the mysterious planet, next to a megalithic tower standing about 90 feet tall. Around the tower were revolving patterns of multi-colored lights. Higdon couldn't keep his eyes open because the lights were so intense. Standing near the tower were five humans: a brown-haired girl about 11, a blonde girl about 13, a young man and woman with brown hair about 18, and a man about 40.

Ausso pointed his arm with the apparatus, and the two of them floated into the tower and up an elevator. There they entered a room where Higdon stood on a small platform. A glass shield moved out of the wall, stayed in front of him for approximately four minutes while performing some kind of scan, and retracted back into the wall. It was then that Higdon was informed that he was not needed and they would return him to Earth.

Ausso pointed his arm at Higdon, and he felt himself floating in the air. He soon found himself standing on a rocky slope. His foot slipped on loose rock and he fell hurting his head, neck, and shoulder.

After Encounter, Higdon Had No Memory of His Identity

The next thing he remembered it was 11:30 p.m. He was disoriented and found himself on the edge of a rocky cliff. He stumbled along until he located the truck, even though he wasn't aware that he was the owner. He climbed inside and tried to gather his thoughts, which were very cloudy. Suddenly, the familiar voice of his boss came over the CB radio. He quickly grabbed the receiver and asked for assistance, indicating that he was somewhere at the North Boundary of the forest.

Just before midnight, the search team located him. They contacted his wife, Margery, who drove to the location with a friend. They thought by now the sun was coming up, because they saw a bright orange light in the sky. However, it was much too early for sunrise.

The search team was at a loss for words as to how he had managed to drive his truck to that location. Although the ground was muddy, there were no tire tracks. His two-wheel-drive truck had to be towed, because it could not navigate the rough road.

Higdon was quite disoriented and didn't recognize his wife. She asked him if he got the elk. He looked up at the sky and yelled, "They took my elk!"

He kept running around and screaming about "the light." Nobody was able to control him and get him inside a vehicle. Then his good friend showed up, was able to

calm him down, and got into his vehicle. Higdon obviously needed help, so they drove straight to Carbon County Memorial Hospital in Rawlins so he could be examined.

When Nurse Ella Peterson asked if he knew his name, he couldn't remember. He looked at his wife and said, "Pretty lady, they keep calling me Carl. Who is Carl?" Dr. Kunkle thought he was under the influence of drugs and ordered a drug test. Nothing was found.

Upon examination, his head, neck, and shoulder were sore. In addition, his eyes were red, watering, and burning, and he complained about being extremely sensitive to light. Tests indicated that his blood appeared to be enriched with copious amounts of nutrients and vitamins. Miraculously, X-rays indicated that the previous scarring on his lungs from exposure to tuberculosis had disappeared.

Hypnotic Regression Reveals the ET's Real Mission

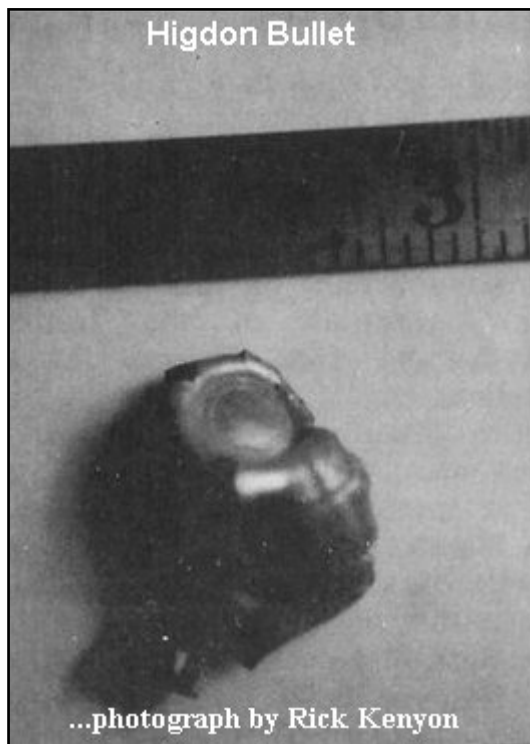
On Tuesday, October 29, the *Rawlins Daily Times* featured an article about his bizarre incident. On Saturday, November 2, Dr. R. Leo Sprinkle, professor of psychology at the University of Wyoming and an Aerial Phenomena Research Organization consultant, spent four hours talking

with Higdon and his family about his experience and their reactions to it. He then employed a technique called hypnotic regression in order to obtain more information from Higdon's subconscious. Although much information came forward, he decided to revisit the matter again on November 2.

Under hypnotic regression, Higdon remembered that Ausso One explained that their visitations to our planet were food-gathering missions. Elk are gathered for breeding purposes as are humans. Higdon recalled they said he was going back to Earth because he didn't suit their purpose and he was no longer needed. He believed it was because he had a vasectomy a few years ago.

"Life is not the same since I met that man."

Higdon never forgot that experience. His life was changed forever. And whenever somebody in the family tries to talk about the lights, his eyes still water. ♦



During his hunting trip, when Carl Higdon fired his rifle, the bullet traveled in slow motion and dropped into the snow 50 feet away. Higdon took the bullet with him, as seen in the photo above.



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THE ROLE OF SHADOW WORK IN HEALING AND SELF-AWARENESS: PART 2

By Chad Wilson

For Part 1 of this article, see our August 2024 issue.

In last month's article, we explored how shadow work can be a transformative process for healing emotional wounds, overcoming trauma, and deepening self-awareness. Now, let's delve into the practical side — how to actually engage with your shadows.

Recognizing and working through your shadows might seem daunting, but with the right techniques and mindset, it becomes an empowering journey of self-discovery and healing.

Start With Self-Reflection and Journaling

One of the simplest yet most effective techniques for identifying your shadows is through self-reflection and journaling. By setting aside time to explore your inner world, you can begin to notice recurring patterns, emotional triggers, and reactions that signal the presence of a shadow.

Start by asking yourself open-ended questions, including:

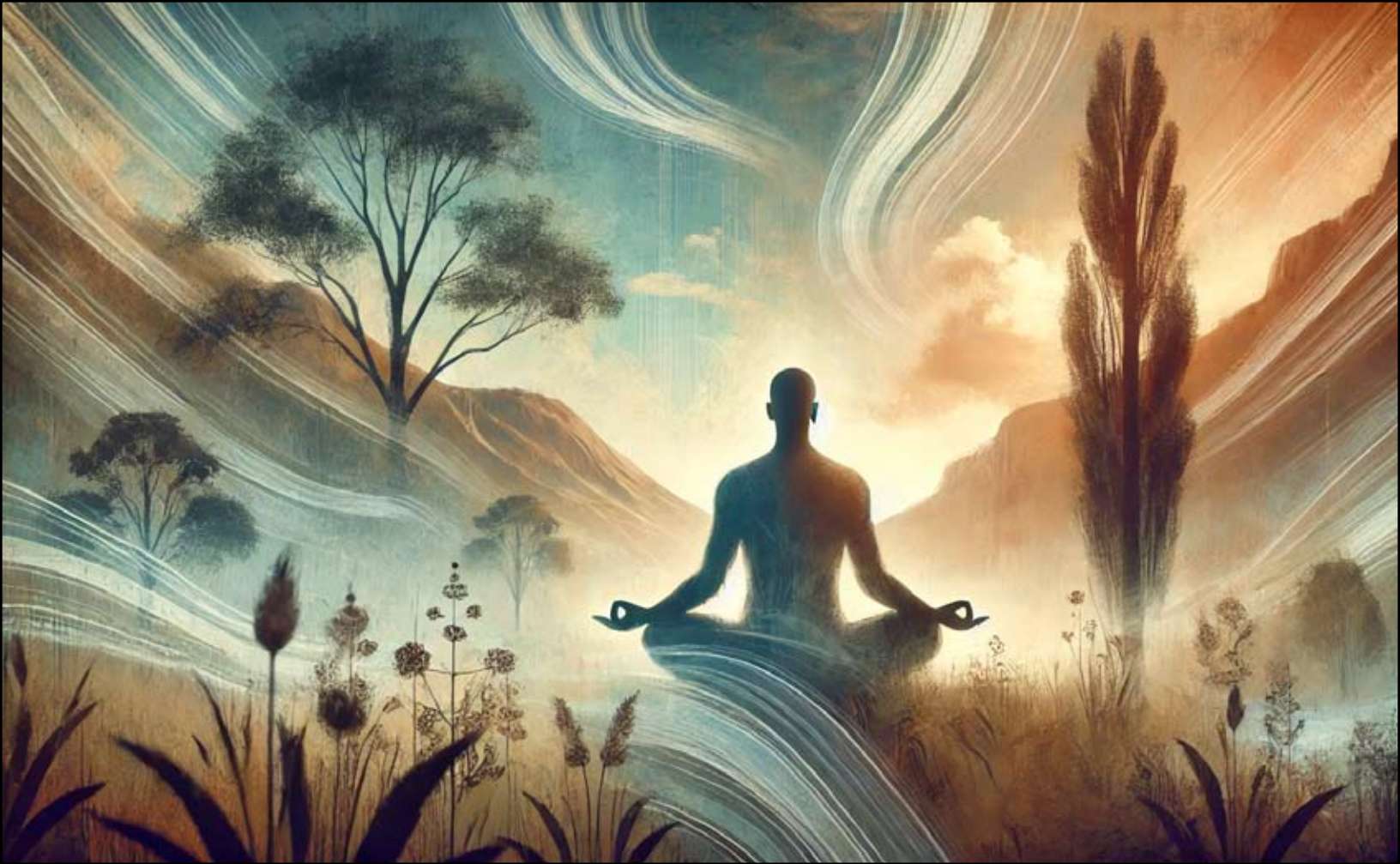
- What situations tend to make me feel defensive, angry, or ashamed?
- Are there aspects of myself that I dislike or avoid acknowledging?
- Do I find myself engaging in repetitive, self-sabotaging behaviors?

These questions help bring unconscious material to the surface. Journaling these reflections allows you to track your thoughts and emotions over time, offering deeper insight into your shadow aspects. Writing down your experiences creates a space for honesty, and patterns often emerge that you may not have noticed before.

Identify Your Emotional Triggers

Another key technique for recognizing your shadows is to pay attention to your emotional triggers. Triggers





are intense emotional reactions to specific situations or people. They often indicate the presence of repressed emotions or unresolved issues stored in the shadow self. For example, if you consistently react with anger or defensiveness in certain circumstances, it may point to a deeper insecurity or fear that you've suppressed.

To work through triggers, pause when you feel a strong emotional reaction. Instead of immediately reacting, try to observe your emotions. Ask yourself: What am I feeling right now? What is the underlying fear or belief that's driving this reaction?

By acknowledging these emotional responses rather than ignoring or pushing them away, you can start to understand the shadow beneath them. Over time, this practice allows you to engage with these hidden parts of yourself with more compassion and awareness.

Practice Mindfulness and Meditation

Mindfulness and meditation are invaluable tools for shadow work. These practices cultivate present-moment awareness, helping you observe your thoughts and emotions without judgment. This non-judgmental awareness is crucial in working with your shadow because it creates a space for acceptance and understanding.

In meditation, you might focus on observing your

thoughts as they arise. Notice if any thoughts or feelings make you uncomfortable or if you habitually push them aside. Rather than avoiding them, bring curiosity to these experiences. What does the discomfort tell you? Why do you want to avoid these particular feelings or memories?

By practicing mindfulness regularly, you develop the ability to stay present with uncomfortable emotions, which is essential for working through your shadows. Over time, this practice helps dissolve the barriers between your conscious and unconscious mind.

Embrace Your Projections

Projection is a psychological defense mechanism where we attribute unwanted feelings or traits to others rather than acknowledging them within ourselves. In shadow work, recognizing projections is a powerful way to identify the parts of ourselves we've disowned.

If you find yourself overly irritated by a particular behavior in someone else, ask yourself: Could this be a reflection of something I dislike or avoid within myself? For instance, if you frequently criticize others for being selfish, it might point to a shadow aspect within you that struggles with balancing self-care and people-pleasing.

By bringing awareness to these projections, you can begin to own and integrate these disowned parts. Embrace



ing your projections doesn't mean condoning the behaviors of others but recognizing that your strong reactions may stem from unresolved issues within yourself.

Work With a Therapist or Mentor

Shadow work can be intense, and sometimes it's helpful to have guidance from a therapist, mentor, or coach who is experienced in this field. They can provide a safe space for you to explore your unconscious material and offer insights that you may not be able to see on your own. Therapists trained in Jungian psychology, inner child work, or trauma-informed practices can help you navigate deeper layers of your shadow in a supportive environment.

Working with a professional can also ensure that you don't become overwhelmed during the process. Shadow work can bring up painful memories and emotions, and having someone to guide you through it can make the experience more manageable and less daunting.

Use Creative Expression

Art, music, dance, and other forms of creative expression are wonderful ways to explore and work through your shadows. Creativity taps into the unconscious mind, allowing hidden emotions and thoughts to be expressed in ways that words often cannot. Whether through painting, writing, or movement, creative outlets provide a channel

for emotions to flow freely, helping to release and integrate shadow aspects.

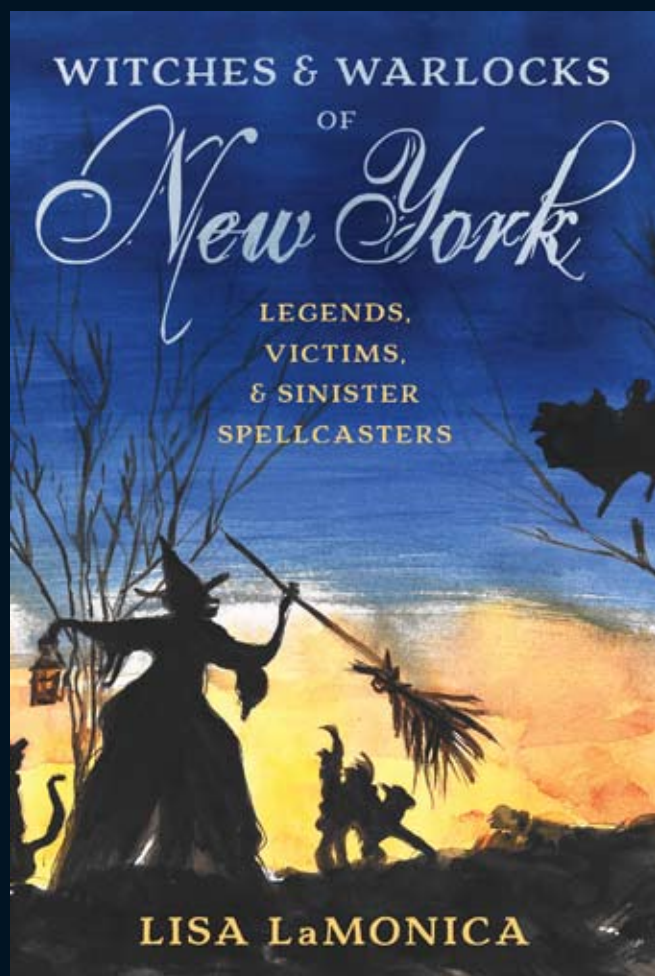
Try engaging in a creative activity that feels intuitive to you, without worrying about the outcome. Let yourself be guided by your emotions and see what emerges. Often, this process reveals deeper layers of your psyche that you might not have been able to access through logic or rational thought.

Practice Self-Compassion

Finally, working through your shadows requires self-compassion. It's easy to judge or criticize yourself when confronting the darker aspects of your personality, but remember that your shadow is simply a part of being human. Everyone has a shadow, and acknowledging it is a courageous step toward wholeness.

Instead of being hard on yourself, try to approach shadow work with curiosity and kindness. Self-compassion allows for a more integrative experience, where you can accept both your strengths and your flaws without shame or judgment. This compassionate approach ultimately leads to deeper healing and a more authentic sense of self.

By incorporating these practical techniques, you can begin to recognize and work through your shadows in meaningful ways. Shadow work is an ongoing process, but with patience and dedication, it offers the profound reward of self-acceptance and emotional freedom. ♦



New York has a surprisingly rich and lasting history of witches and witchcraft.

“Witches and Warlocks of New York” is a collection of legends and historical accounts about witches and warlocks from the Empire State.

Included are a history and origins of witchcraft in New York State and historical tales of “witches” across the state, including Hulda, the witch who was the origin behind a Brothers Grimm fairy tale and inspired parts of Washington Irving’s “Sleepy Hollow.” Plus, the East-hampton Witch Elizabeth Garlick, accused and tried 35 years before the Salem witch trials.

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MANIFEST ABUNDANCE & CREATIVITY WITH YELLOW FLUORITE

By Dr. Athena Perrakis, Sage Goddess

In the world of financial prosperity crystals, few stones are as potent as yellow fluorite for abundance and manifesting wealth. Second only to citrine, this vibrant gem is a powerful attractor of resources, often hailed as the “Law of Attraction” in crystal form.

Whether you're a business owner seeking to draw in more clients or someone looking to enhance your intellectual and creative abilities, yellow fluorite is your go-to stone for turning dreams into reality.

Yellow fluorite's journey began around 200 million years ago during the breakup of the supercontinent Pangaea. This geological marvel was formed as hot water, fluorine, and other minerals moved through cracks in the Earth, creating this stunning crystal as tectonic plates shifted.

This rich history adds to its allure, making yellow fluorite a potent tool for manifestation and connecting to the Earth's ancient energies and processes.

Yellow Fluorite Benefits

Yellow fluorite is not just another pretty stone; it's a money magnet. Its bright, sunny hue is closely associated with the Solar Plexus chakra, the energy center that governs confidence, courage, and willpower.

When this chakra is activated by yellow fluorite, it aligns your energy with the vibrations of success and prosperity, making you a magnet for wealth and resources.

Yellow Fluorite Properties

- **Attracts Wealth and Prosperity:** Like a magnet for financial abundance, yellow fluorite draws in wealth, resources, and good fortune. It's especially beneficial for business owners looking to increase their client base.
- **Enhances Intellectual Development:** This crystal boosts logical thinking, imagination, and creativity, making it a powerful tool for personal and professional growth.
- **Encourages Cooperation and Teamwork:** Yellow fluorite fosters a spirit of collaboration, helping you



Yellow fluorite is a powerful crystal for manifesting wealth and abundance, often used to enhance business success and financial prosperity.

and your team work together toward common goals with greater harmony and success.

- **Raises Your Energy:** By raising your vibrational energy, yellow fluorite helps you stay focused, motivated, and aligned with your purpose, cutting through mental clutter and bringing clarity to your intentions.

How to Use Yellow Fluorite

1. Business Prosperity:

If you're a business owner, yellow fluorite is your ally in attracting clients and increasing your revenue. Place a piece of yellow fluorite on your desk or in your business's cash register to draw in financial abundance and good fortune. Its energy will help boost your business's visibility and success, acting as a beacon for new opportunities and growth.

2. Enhancing Creativity and Logic:

Yellow fluorite is not just about financial gain; it also enhances your intellectual and creative capabilities. Keep it in your workspace to stimulate logical thinking and imaginative problem-solving. When you feel stuck or need a burst of inspiration, hold the crystal in your hand and let its energy clear away mental fog, bringing fresh ideas and solutions to light.

3. Teamwork and Collaboration:

Work with yellow fluorite to foster a cooperative and harmonious environment. Whether it's in the office or at home, place the stone in communal areas to encourage open communication and a shared sense of purpose. Its energy promotes a willingness to work together, helping everyone involved to align with common goals and achieve success through collaboration.

4. Manifesting Your Goals:

Yellow fluorite is a powerhouse for setting and manifesting intentions. Use it during meditation or visualization practices to amplify desires and align your energy with your goals. Focus on what you wish to attract, be it wealth, success, or personal growth, and let the stone's vibrant energy boost your manifestation efforts.

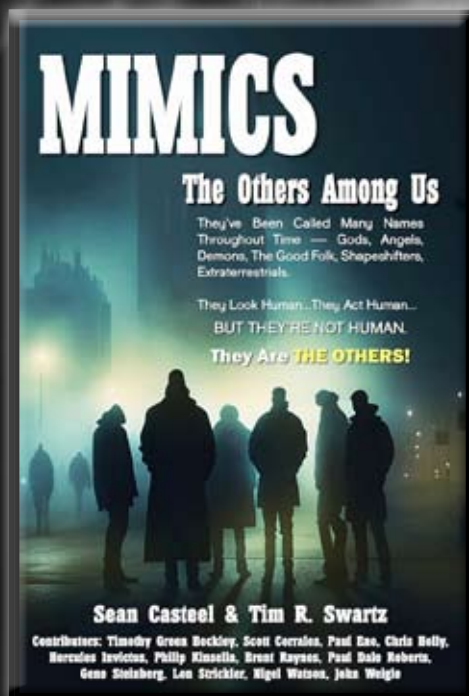
5. Clearing Mental Clutter:

Like a mental broom, yellow fluorite sweeps away scattered thoughts and confusion. Keep it nearby when you need to focus or make important decisions. Its energy helps bring coherence to your thoughts, making it easier to discern what's truly important.

Yellow fluorite is a gateway to abundance, creativity, and collaboration. Whether you're looking to boost your business, enhance your intellectual abilities, or foster teamwork, this crystal offers the support and energy you need. ♦



Whether attracting clients or clearing mental clutter, yellow fluorite's high vibrations make it ideal for achieving both professional and personal goals.



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THE PHANTOM WHISTLE

A GHOST TRAIN'S ECHO

By Willie Windwalker Gibson

There are many stories in the world about ghost trains and train tracks. You can visit any town and find a story involving a train, tracks, or trestles. Where I live in Louisville, Kentucky, is no different.

About 30 years ago, I received a call from a woman who said she had a strange problem with a ghost. She didn't explain over the phone what the problem with the ghost was. A few days later, I went to her home. When I arrived, I didn't feel anything threatening or negative as I walked up the path. The house was beautiful — an old brick country-style home with a well-kept lawn and garden.

I rang the doorbell, and a woman in her 60s answered. She welcomed me inside. The interior of the house was also bright, well-maintained, and inviting.

I asked her about the problem with the ghost. She invited me to sit in the living room, where she began telling me about hearing a train whistle inside her house. I had noticed earlier there weren't any train tracks nearby.

She explained that about a month ago, at around 2 a.m. each night, she started hearing the sound of a train. I asked if she had recently traveled by train, thinking she might have picked up an attachment, but she said no.

I asked if I could walk around the house, and she agreed. As I walked through the house, I felt no energy at all — it felt completely empty.

I stepped out into the backyard and was drawn to the back fence. Looking over into the neighbor's yard, I noticed an old, odd-looking bench sitting in their garden. I went to the neighbor's house, introduced myself, and told them I was curious about the bench.

I asked if I could take a closer look, and they gave me permission. The neighbor explained that they had purchased the bench from a shop that sold old rail-



The bench in the neighbor's yard had an eerie history, as it came from a railroad car dating back to the 1860s.

road items, and the bench had come from a railroad car from the 1860s.

I asked if I could bless the bench, and the neighbor was honored to allow me to do so. I took out a small sage stick I carried with me, lit it, and saged the bench to clear any old energy attached to it.

I returned to the woman's house and explained what I had found. I told her that I believed the issue with the train whistle was resolved.

A few days later, I called her to check in, and she said she hadn't heard the whistle since. I assured her that she wouldn't hear it again.

The whistle had been residual energy from the bench, and when I saged it, the energy had been cleared. ♦

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